



# Songwriting Works™

## FOUNDING DIRECTOR Judith-Kate Friedman

An award-winning vocalist, songwriter, recording artist, and producer, Judith-Kate Friedman has toured internationally as a performing songwriter since 1986. She has released two solo recordings and three with Jewish/World A cappella ensemble Vocolot in addition to the Jewish Home elders' CD. Her off-stage credits include eight artist-in-residence grants from the California Arts Council, five years as a public radio disc jockey, and numerous presentations at conferences and festivals. Her articles on songwriting with elders have appeared in Aging Today (US), Signpost to Older People and Mental Health Matters (UK), and Acoustic Guitar magazine. Educated in folklore, ethnomusicology, creative writing, consensus process, and concert production at Oberlin College and Conservatory of Music, (B.A. 1983), Ms. Friedman brings a life-long commitment to diversity and disability awareness to her work.



## PROGRAMS

- Songwriting Workshops:** SONGWRITING WORKS serves more than 400 participants annually through • Songwriting Works workshops for elders, youth, caregivers and others
- **Artist-in-Residencies:** a series of workshops culminating in community performance
  - **Recording, radio, and film projects:** documenting and expanding upon the songs.
- Presentation and Performance:** SONGWRITING WORKS' songs reach an international audience via • CD recordings and broadcasts • Film/dvd productions and screenings • Print and Internet articles • Keynote Presentations and Productions • Concert performances and Community Celebrations. **Training:** SONGWRITING WORKS tailors training programs for music and recreational therapists, social service providers, caregivers, professional songwriters, and community volunteers for • In-service and day-long workshops on music and creativity • Trainings and intensives for songwriters and others who wish to become certified facilitators of the SONGWRITING WORKS process. **Resources and Consulting:** Judith-Kate Friedman and associates serve as consultants to professionals in the fields of aging, wellness, social services, and the arts, including • CEOs, administrators, and program directors of senior centers and continuing care communities • Festival and conference producers seeking innovative workshops and activities • Multi-cultural, inter-faith, and/or intergenerational educators and agency directors seeking new approaches to community building • Families and individuals wishing to create oral history and legacy projects through song.

## CONTACT US

For more information and a complete list of our programs, please visit our website at [www.songwritingworks.org](http://www.songwritingworks.org) or call us at 510.548.3655.

“All people have innate musical ability and creative gifts. When we get together to compose songs, we talk, laugh, improvise, and find collective joy.”

Judith-Kate Friedman

# Celebration

# Creativity

“My work with Judith-Kate is one of the highlights of my twenty-five years as a rabbi. I consider it a turning point in my work with Jewish elders.” Rabbi Sheldon Marder, Jewish Home, San Francisco



# Joy

Performance of the songs at the 2004 American Society on Aging / National Council on the Aging Conference.

# Songwriting Works™

design : RICHIMAGE.COM

photos: stage and left cover : Gary Wagner right cover : Friedkin Digital circle : A. Karno

"I've never sung before in my life and now I'm singing." Erna Neubauer, age 90

# SONGWRITING WORKS

## SONGWRITING INCREASES VITALITY for ALL AGES

Leaders in aging are recognizing that the arts play a pivotal role in sustaining and enhancing the well-being of older adults from the very active to the very frail. Creative self-expression and active participation in making original music have been found to foster outstanding physical, cognitive, social, and spiritual benefits. As the longevity of the U.S. population increases, there is an urgent need for programs that serve elders, caregivers, and their families in life-affirming and innovative ways. SONGWRITING WORKS understands this culture change and is helping communities prepare for it. We offer highly engaging, effective, interactive programs that give elders and others new opportunities to voice their concerns and creativity. We accomplish this through the power of music and the process of collective songwriting and performance.

## SONGWRITING WORKS BENEFITS ALL who participate

Workshops are facilitated by SONGWRITING WORKS' founding director Judith-Kate Friedman and associates she has trained. The process invites social interaction, builds listening, language and memory skills, deepens intellectual and spiritual engagement, and gives participants full access to the physical benefits of singing, breathing, and harmonizing together. Elders say it increases their self-esteem, reduces depression, and raises their spirits. Families say it gives them new ways to share precious time with those they love. Caregivers report it stimulates meaningful interaction between both shy and extroverted participants. Communities find inspiration in the songs and use the process to successfully unite diverse populations and honor the heritage and lives of their elders. Songwriters value sharing their musical gifts in service to those who benefit most.

## ENGAGING the BODY, MIND, and SPIRIT

The SONGWRITING WORKS experience can be likened to musical mural painting. Groups from three to thirty participants engage in an inclusive group process that combines storytelling, musical improvisation, language play, and consensus building with the fundamentals of song composition. No prior musical training is required. Workshops are structured so that individuals of diverse cultural and educational backgrounds and a range of physical and cognitive abilities can freely exchange ideas and contribute as equals to the creation of their own original songs. The process is participant-driven. Individuals generate the concepts, topics, and musical genres of each composition. As lyrics and melodies take shape, they hear their words, stories, and humor reflected in original, collective songs that can be sung by the entire community.

## GIVING VOICE to COMMUNITY

In addition to emphasizing creative process, SONGWRITING WORKS is committed to raising public awareness and giving participants the widest possible audience for their work. To this end, professional songwriters aim to create concert quality compositions with each group. The goal is to complete one or more songs which can be shared in community celebration and via public performances, recordings, radio, film, and other media. The prospect of being widely heard maximizes the musical experience for all involved. Participants recognize that their contributions matter and that songwriting is a vehicle for communicating their deepest values. Many choose to compose tribute songs, honor those they love, or recount important aspects of their life histories. Their stories and songs become part of the legacy they leave to their families and the greater community.

## A PIONEER in CREATIVITY

Since 1990, SONGWRITING WORKS has been on the forefront of creativity in aging and community building through song. Founding director Judith-Kate Friedman first developed the SONGWRITING WORKS process for elders in adult day centers at the Goldman Institute on Aging (1990-92). Since then, she successfully tested the process with: intergenerational groups, youth in K-12 classrooms, multi-cultural and inter-faith groups, the developmentally disabled, volunteers and staff at senior centers, as well as active and frail elders. Ms. Friedman has worked extensively with elders diagnosed with Alzheimer's disease and other dementias. She is adept at customizing programs for staff and clients in assisted living and skilled nursing settings.

## SONGWRITING WORKS SHARES its SUCCESS

Ms. Friedman founded SONGWRITING WORKS as a non-profit organization in 1997. To date, she has composed more than 200 songs with upwards of 1,800 elders and youth in San Francisco, New York and Washington DC. In 2002, she produced "Island on a Hill" the award-winning debut CD by the Singers & Songwriters of the Jewish Home (average age 87) and performed original songs with them on the recording and in Nathan Friedkin's acclaimed documentary "A 'Specially Wonderful Affair.'" In 2004 SONGWRITING WORKS became a partner in the Center for Creative Aging - West. Ms. Friedman produced the first annual Art of Aging Festival for the Center, and the Opening Ceremony of the 2004 Joint Conference of the American Society on Aging and the National Council on the Aging. Both events featured performances by more than forty older and elder singers, dancers, actors, and community leaders from across the U.S. including SONGWRITING WORKS participants.

# SONGWRITING WORKS

## Benefits

## Community

"One of the most successful community building events we've had. Jew, Catholic, Russian, Guatamalen, went forth celebrating our shared experience."  
Marie O'Connor, Pastoral Care Coordinator, Francis of Assisi Community, SF, CA

"A tremendous resource to the community....Ms. Friedman inspires and motivates students. She brings out their voices and encourages them to take leadership."

Cathleen Michelets, Project YES, East Bay Conservation Corps

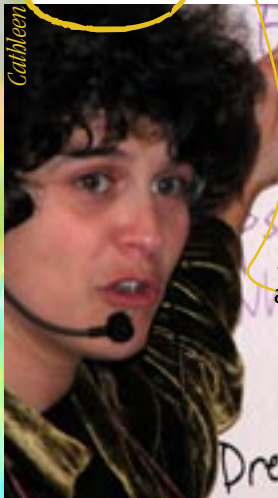
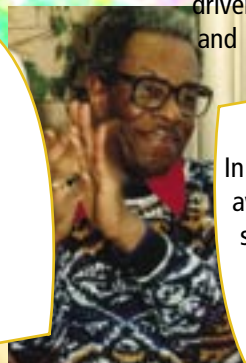
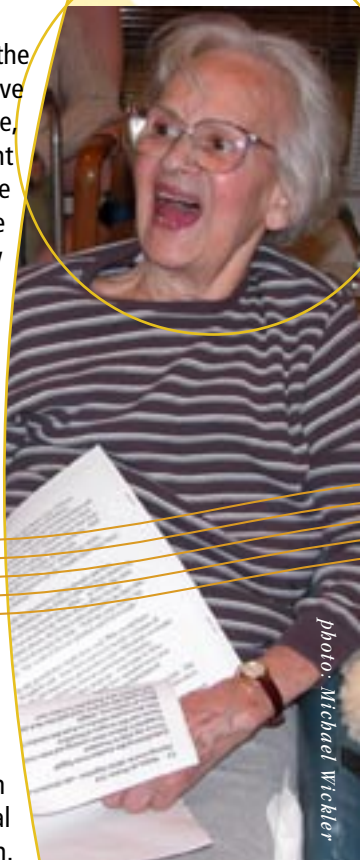


photo: Michael Wickler

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Dream? Illusion?